

Whole Wheat Swedish Apple Pie

Makes: 24 servings

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Ingredients	Weight	Measure
Eggs		3 large
Granulated sugar		1 1/2 cup
Wheat flour		1 1/2 cup
baking powder		1 Tbsp
Salt		1 1/2 tsp
Ground cinnamon		1 1/2 tsp
Vanilla extract		3/4 tsp
Apples, diced	9 medium (3 per pound)	
Walnuts pieces		1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	144	
Total Fat	4.11 g	
Protein	2.72 g	
Carbohydrates	26.11 g	
Dietary Fiber	2.57 g	
Saturated Fat	0.53 g	
Sodium	218 mg	

Directions

1. Preheat oven to 350 degrees F. Spray a half sheet pan with cooking spray. Use a sheet pan extender.
2. In a large bowl, beat egg thoroughly with a fork, until it forms a ribbon.
3. Add everything else EXCEPT apples and nuts, and mix thoroughly.
4. Add apples and nuts, and mix as well as you can. It's a very lumpy mix. Mix until the batter sticks together.
5. Spread batter on the sheet pan. Bake at 350 degrees F

for 30 minutes or until slightly brown.